



Information Memorandum

Oregon Department of Human Services

Originating Cluster:

Seniors and People with Disabilities

Authorized by: Cindy Hannum, Administrator

Signature

IM Number: **SPD-IM-03-077**

Date: September 5, 2003

Subject: Disease Prevention and Health Information

Applies to (check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> All DHS employees | <input type="checkbox"/> County DD Program Managers |
| <input checked="" type="checkbox"/> Area Agencies on Aging | <input type="checkbox"/> County Mental Health Directors |
| <input type="checkbox"/> Children Adults and Families | <input type="checkbox"/> Health Services |
| <input checked="" type="checkbox"/> Community Human Services | <input checked="" type="checkbox"/> Seniors and People with Disabilities |
| <input type="checkbox"/> Other (please specify): _____ | |

Message: The purpose of this information memo is to inform Area Agencies on Aging, local SPD offices, and interested partners about upcoming events and resources pertaining to maintaining and improving the health and wellness of the senior and people with disabilities populations. *Please pass this information onto clients, case managers, providers, contract RNs and community partners.* If you have information you would like included in this memorandum in the future, please contact Pamela Ruona.

Upcoming Events

Oregon Adult Immunization Coalition Meeting

Wednesday, September 10, 1:00 – 3:00 p.m.

Portland State Office Building

Room 140, 800 NE Oregon St., Portland, OR

(Program Managers or designated staff should attend.)

International Walk to School Day

Wednesday, October 8, 2003

International Walk to School Day gives children, parents, school teachers and community members an opportunity to be part of a global event as they celebrate the many benefits of walking. Last year nearly 3 million walkers from 21 countries walked to school together for various reasons - all hoping to create communities that are safe places to walk. Please pass this information to seniors in your community. It's a great opportunity to participate in a healthy community event and to get some physical activity! For more information see the Oregon Walk

to School website at: www.walktoschooloregon.org or call the Oregon Department of Human Services- Health Services at: 503-731-4273.

Living Longer, Living Better
Friends of the Salem Senior Center Health & Wellness Conference
Saturday, October 11, 2003
8:30 a.m. – 2:30 p.m.
Salem Senior Center
1055 Erixon Street NE, Salem, Oregon

Workshops include: *Age Proof Your Body!*, *The Special Role of Grandparents*, *Magnificent Menus & Meals*, *Facial Rejuvenation – Surgical and Non-Surgical*, *Acupuncture for Mature Adults*, *A Plan for Better Hearing*, *Health Care & Naturopathic Medicine*, *Are You Facing Another Sleepless Night?*, *Use It or Lose It: Survival of the Busiest Minds*, *Save Money on Prescriptions – Can Discount Cards Make a Difference?*, *Fit and Fabulous Over 50*, *Building Loving Relationships*, and *Straight Answers to Tough Questions – Financing Long Term Care*.

For more information: Carol Korvas, Resource Development Coordinator, Salem Senior Center, (503) 588-6377.

Celebrate Wellness IV
A Statewide Conference Promoting the Health And Wellness of Oregonians with Disabilities
Thursday, October 16, 7:30 a.m. – 6:00 p.m.
Friday, October 17, 7:30 a.m. – 3:30 p.m.
Sheraton Portland Airport Hotel
8235 NE Airport Way, Portland, OR

Keynote speakers include: Roberto Dansie, Clinical Psychologist, *The Rain and the Rainbow-The Journey from Disabilities to Different Abilities*, Natalie Arndt, LAC, RN, Chris Meletis, ND and Meg Hayes, MD, *Diagnosis and Treatment-Three Perspectives: Naturopathic, Oriental, and Western Medicine*, Alito Alessi, John Mahan, Ian Jaquis and Debbie Timmins, *Recreational Activities in Oregon*, and Robin Rose, Counseling Psychologist, *This is Your Brain on Stress, This is Your Brain on Humor*.

Workshops include: *Living Well with Arthritis*, *Peer Mentoring*, *Introduction to DanAbility-Mixed Abilities Creative Movement*, *Are You Feeling Stuck? A Motivational Enhancement Approach*, *The Power of Your Video Can Organize Your Community*, *Working Hard and Playing Hard for Good Health*, *Fitness for Everyone*, *Gentle Hatha Yoga*, and many more.

To register and acquire more information, contact: Angela Weaver (503) 949-1205, (800) 452-

PACE (People with Arthritis Can Exercise) Instructor Training
Thursday, November 6th, 8:30 am - 5pm &
Friday, November 7th, 8:45 am - 2pm
Portland State Office Building, Room 120-C
800 NE Oregon Street, Portland, Oregon

PACE (People with Arthritis Can Exercise) is a national program developed by the Arthritis Foundation to provide a safe and enjoyable exercise option for people with arthritis and for those who are generally not in condition, or may have other types of chronic diseases. The PACE program is designed to improve and sustain joint mobility and muscle tone, functional endurance and independence.

The PACE Instructor's Training will prepare interested individuals to become national certified instructors of PACE. Instructors in this program will then be able to implement PACE as a community based program. The goal of this effort will be to increase arthritis community resources available to people with arthritis in the Willamette Valley.

Cost: \$40 – **SCHOLARSHIPS AVAILABLE.** **Contact:** Rebecca Khan, Health Services/DHS, (503) 872-6707 or rebecca.e.khan@state.or.us or Pamela Ruona, SPD/DHS, (503) 945-6412 or pam.ruona@state.or.us .

General Information

Flu Season Is Arriving Soon ***Recommendations on Influenza Vaccinations***

Anticipating ample and early supplies of influenza vaccine, the Center for Disease Control and Prevention (CDC) recommends vaccination of all individuals, high risk and healthy persons, when vaccine becomes available.

The Oregon DHS Immunization Program endorses the CDC guideline and provides the following information:

- October and November are the optimum months to immunize against influenza, with continued immunizations through January recommended.
- Influenza typically peaks in Oregon in late January through early March.
- ***Waning immunity is well documented in the elderly and individuals with certain high risk conditions -vaccination for these groups is recommended in October.***

The Oregon Department of Human Services reserves the right to respond to emerging information. If it appears that there will be vaccine shortages or delays, DHS may issue and enforce an Education and Prioritization Plan. Information about changes will be distributed

through the media, mailings to immunization partners and updates on the DHS Immunization website www.dhs.state.or.us/publichealth/imm

Contract RNs Can Provide Immunizations

SPD clients receiving services from a Contract RN (CRN) **may** be able to have the CRN administer their influenza and pneumococcal vaccinations in the client's home, under the following conditions:

- The RN is willing to provide the task,
- The MD/NP/PA order is in place, and
- The MD or HMO provides the vaccine and supplies to the RN.

Medicare News

Medicare News About Cost Reimbursement for Influenza and Pneumococcal Vaccine

- Reimbursement for administration of Influenza, PPV, and Hepatitis B has increased 99% in Oregon from \$3.96 to \$7.88 (with regional variance).
- Reimbursement for PPV has increased from \$13.10 to \$18.62.

Physical Activity

In an effort to combat the growing girth of Oregonians, state and local officials have recently created the Oregon Coalition for Promotion of Physical Activity. If you are interested in more information contact Pamela Ruona at (503) 945-6412 or pam.ruona@state.or.us.

According to an article from *OregonLive.com*, researchers are finding links between mental well-being and the ability to walk – particularly among the elderly (emphasis added). Oregon Health & Science University released a study last week on what keeps seniors active and walking in their neighborhoods. Sidewalks, access to parks and neighborhood shopping, proximity to bus service and MAX, and easy access to libraries and community centers all ranked as incentives to walking among the 60 study participants between the ages 56 to 84.1

If you have any questions about this information, contact:

Contact(s):	Pamela Ruona		
Phone:	(503) 945-6412	Fax:	(503) 378-8966
E-mail:	pam.ruona@state.or.us		

1 *OregonLive.com*, September 1, 2003, "Walking the Portland Way," by Randy Gragg.